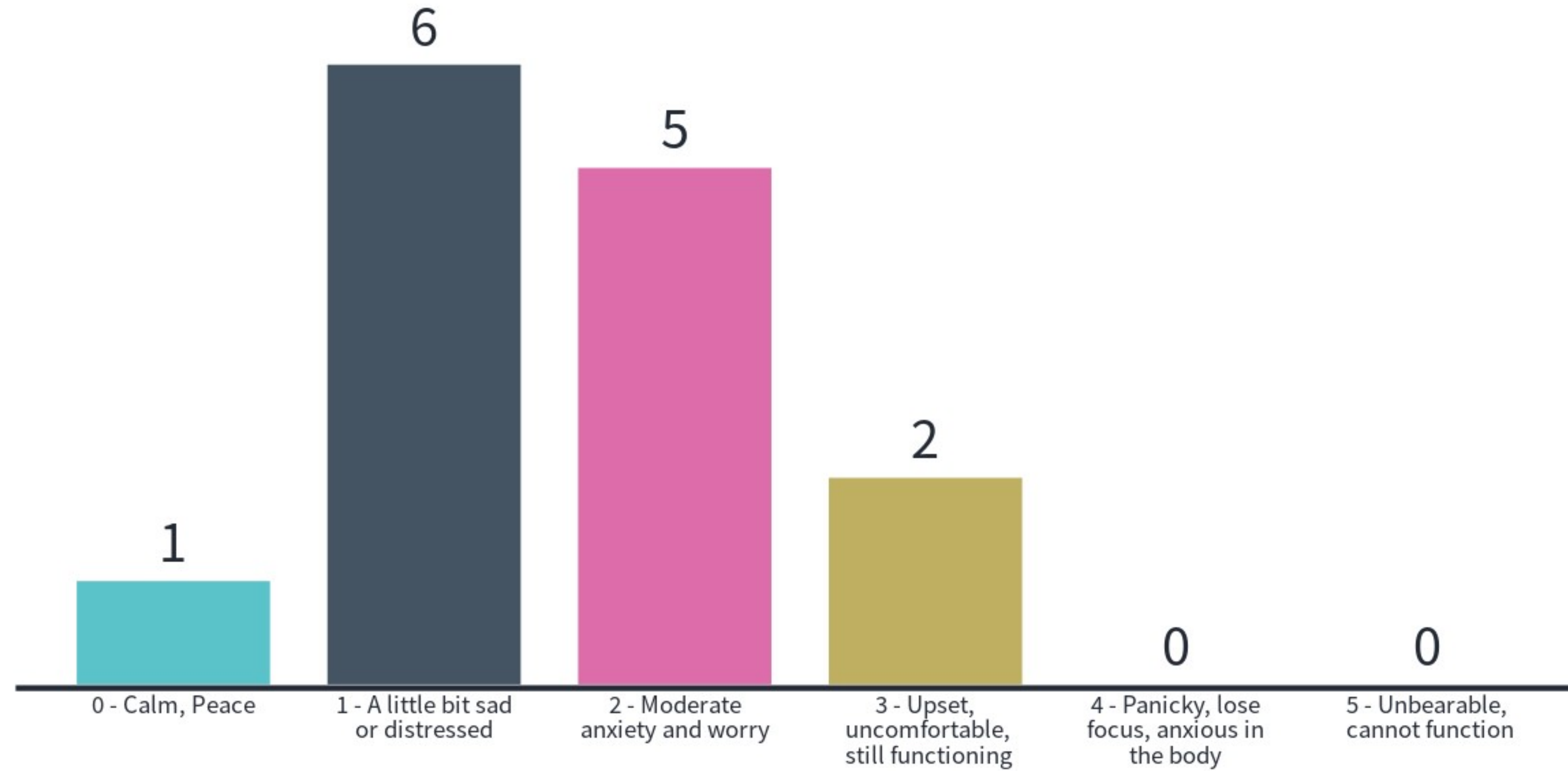


# Rate the Weight



# EMOTIONALLY INTELLIGENT **LEADERSHIP**

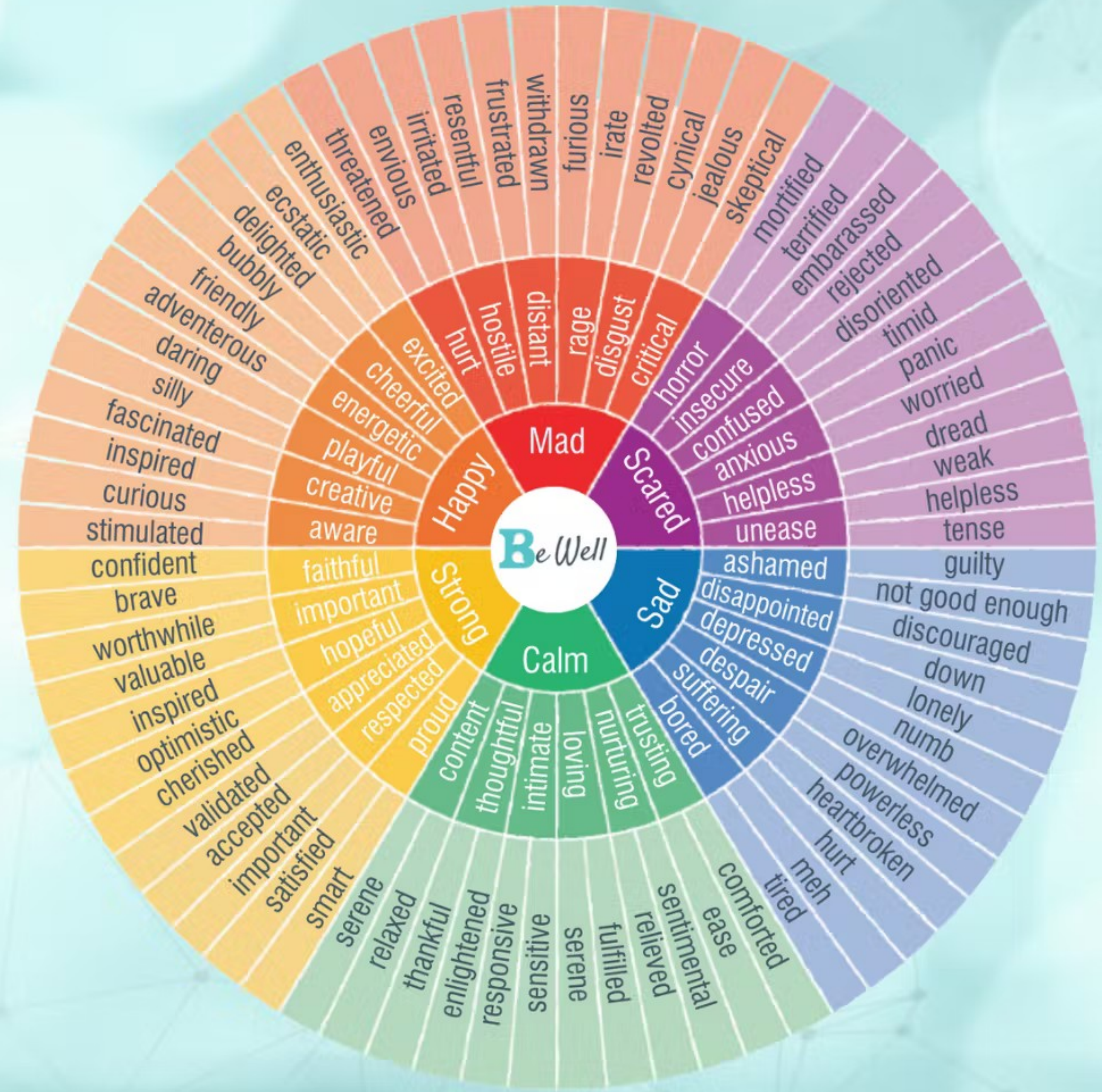
"It's having the ability to recognize emotions, understand their origins, and thoughtfully manage them in ways that unlock the agency and potential of ourselves and others."

*OnSite Workshops*





Be Well  
**FEELINGS**  
 FINDER



# THE **RULER** STRATEGY

**R**ecognizing emotions in oneself and others.

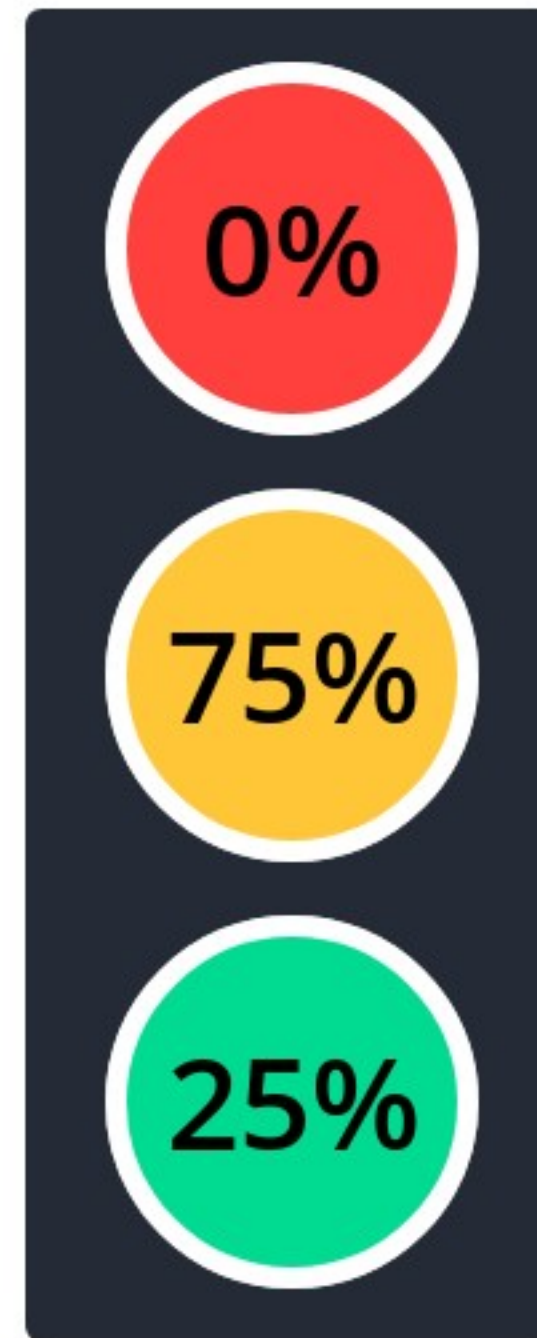
**U**nderstanding the causes and consequences of emotions.

**L**abeling emotions with a nuanced vocabulary.

**E**xpressing emotions in accordance with cultural norms and social context.

**R**egulating emotions with helpful strategies.

# Emotionally Intelligent Leadership



I am unclear

I have some understanding

I have already started applying this

# How are you applying this in your spaces?

Just yesterday we had a conversation in the office, and I noticed that there were frustrations brewing between a couple coworkers and I was able to help them really see each others perspective and help them through the different feelings.

M son has severe anxiety and depression (needs to get into Burrell) I am able to read his emotions and see what sets his anxiety off. I also have learned tips to help with an anxiety attack

EQ training has been pretty common in my education and training, but seeing it applied in work cultures is fairly rare. A big reminder here is what is going on Behind the action and Behind the feelings.

I am starting to try to identify more specifically what I am feeling and what my truth is behind that feeling.

The feelings wheel has also been able to really help me identify the root causes as opposed to how they are displaying.

Stop and assess. Trying to avoid the rabbit holes.

struggle with getting other members of the team / leadership on board to think in this way.

I am TRYING to be better about hearing others not just listening.

An example of EQ leadership is experiencing people being offended and not reacting to the offense but responding to the root causes of the emotions and reasoning behind the offense.

# How are you applying this in your spaces?

I have stopped trying to explain myself